

The City of Mountain View Public Library  
presents

# Stress Reduction with Dr Krista Regedanz



Join Dr Krista Regedanz, Licensed Psychologist,  
for a series of free workshops designed to help you  
beat stress and regain balance in your life.

**Saturday, Feb 12, 3:00 pm**

**Stress and the Art of Resilience**

*Be more resilient in the face of challenge!*

*Learn real-life applications of mindfulness and positive psychology.*

**Saturday, March 12, 3:00 pm \*New Date\***

**Stress and the Art of Life-Work Balance**

*Burnout-proof your life and career! Learn how to recover from chronic  
stress and reclaim your physical and mental well-being.*

**Mountain View Public Library Community Room**

**585 Franklin Street**

**Mountain View, CA 94041**

**650 903 6337**